

Find Ease and Healing in your relationships~

Through The Work of Byron Katie

Led by Jen Deraspe, Retreat Leader & Facilitator of The Work

A transformative holistic co-ed retreat

“My partner doesn’t appreciate me.”

“My mother should listen to me.”

“S/he abandoned me.”

“People should keep their promises.”

Thoughts like these may run through our minds many times a day, fostering fear, anger, stress, and depression. How different would your life be if these thoughts never bothered you again? The Work of Byron Katie is a process that clears the mind. It is a way to identify and question the thoughts that cause all the suffering and violence in the world. The Work is simply four questions and a turnaround, which is a way of experiencing the opposite of what you believe. It is so simple that anyone with an open mind can do it. This process works. It is radical, and life-changing. Come experience the power of The Work and the possibility of experiencing new freedom and depth in all of your relationships, especially the relationship with your beloved--- **you**.

WHO WOULD
YOU BE WITHOUT
YOUR STORY?



Thursday, June 25, 7pm- Sunday, June 28, 3pm
Nurture Through Nature Eco-Retreat Center
Denmark, Maine

- Ⓞ **One-on-One Facilitations**
- Ⓞ **Paired and group exercises**
- Ⓞ **Silent meditation woods walks along a spring-fed magical mountain brook**
- Ⓞ **Wilderness day long canoe outing on nearby waterway~retreating beach-side with mountain views**
- Ⓞ **Solo time in nature to integrate and reflect**
- Ⓞ **Optional on-site Therapeutic Body Work session**



Jen Deraspe

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“Byron Katie’s Work is a blessing for our planet.”

Eckhart Tolle, author of *The Power of Now*

“Byron Katie is one of the truly great and inspiring teachers of our time. She has been enormously helpful to me personally. I love this very wise woman, and I encourage everyone to immerse themselves in The Work.” –Dr. Wayne Dyer

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What’s included: Shared rustic eco-cabin stay, programming, materials, community-prepared vegetarian meals, organic and local when possible. \$450 per person. Couples, companions, family & friends retreating together: 10% off.

Nurture Through Nature
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